

Issue: 105

Date: 26 January 2018

Roundwood Park School, Roundwood Park,  
Harpenden AL5 3AE Tel: 01582 765344  
e-mail us at [admin@roundwoodpark.co.uk](mailto:admin@roundwoodpark.co.uk)



RoundUp is published fortnightly on our website.  
<http://www.roundwoodpark.co.uk>

## Headlines

Dear Parents and Carers

As most of you will know, the school league tables were published this week. We have a "green" (above average) value added score for both our GCSE and our A Level results. It is great to see the performance of our students, the support of their parents and the staff of RPS at both GCSE and A Level recognised in this way. Congratulations to all!

Over the last two weeks it has been really good to see Year 11 parents and carers at both the post-16 advice evening and the Year 11 parents' evening. It was also evident that the students have responded positively to the mock results day and are keen to do very well. There are some hugely successful stories so far and students must keep this going through to the exams in the summer. I am very proud of many students in the school and particularly so of Sally Littlechild and Lewis Poulton who gained very strong mock results and are demonstrating that their work ethic is paying off. We are excited about the potential for this whole year group and we believe that they have their eyes very firmly focussed on the prize. As ever, please talk to them and us if you think this is not the case or you would like some help or support other than what has already been given.

Year 13 have completed their mocks and are getting results back this week. There have been some really good news stories and we will see the overall picture once the numbers have been fully crunched. I will update you about this in my next RoundUp.

The building of the 3G pitch is well underway and, although the field is resembling the mud of Flanders in the early 20<sup>th</sup> century, we are excited about the development. Please do support our fundraising campaign if you are able to.

Finally, the other two Harpenden Headteachers and I once again enjoyed a fantastic evening at the Harpenden Gang Show. We are all very proud of the students from across the schools in the town who put on such a wonderful evening for our enjoyment. Thank you to all involved for entertaining us so royally and we look forward to next year.

Alan Henshall  
**Headteacher**



Roundwood Park Community Pitch  
Supporters Paving Stones Available Now  
"Fit For The Future"

[www.rpcp.co.uk](http://www.rpcp.co.uk)



# Year 9 Parent Consultation Evening

Year 9 Parent Consultation will take place on **Thursday 22 February from 4.30 pm until 7.30 pm.**

Appointments may be booked between **8pm on Thursday 1 February at 8pm and 10pm on Thursday 8 February.**

## Trip Payments

### Residential Trips

#### **Y9 Battlefields Visit:**

Balance Payment: £97      OVERDUE

#### **Y8 MFL Paris 2018:**

Interim Payment: £125      OVERDUE

Interim Payment 2: £130      2 February

#### **Y8 MFL Rhineland 2018:**

Interim Payment: £125      OVERDUE

Interim Payment 2: £120      2 February

#### **Netball Tour 2018:**

Balance Payment: £85      18 February

#### **Y12 Preston Montford Biology Trip 2018:**

Deposit: £150      6 March

#### **Y12 Liverpool Geography Trip 2018:**

Deposit: £110      9 February

#### **Y10 South Wales 2018:**

Interim Payment: £130      26 February

*Jeannine Blight, Residential Trip Coordinator*

## Music Tuition Summer Term

Please note that the deadline for making payment for summer term music fees is **Monday 5 February.**

## Travel Code of Conduct

Please may we remind parents, carers and students about kindly adhering to our Travel Code of Conduct when travelling to and from school.

The Travel Code of Conduct has been produced to help ensure the safety of students at Roundwood Park and Roundwood Primary Schools, and to minimise any inconvenience to local residents.

We respectfully request that the Code is followed at all times.

A copy of this Code can be found under the policies section of our website, or by following this link:

[Travel Code of Conduct 2017](#)

## Absence Line

When you call in for absence, please use our dedicated 24 hour absence line:

**01582 714049** or e-mail us at  
[absence@roundwoodpark.co.uk](mailto:absence@roundwoodpark.co.uk)

A reminder that further information can be found on our website:  
[Daily Bulletin](#); [Latest News](#); [Copies of Letters Home](#); [PE News](#)

or by following our twitter page:  
[Roundwood Park School Twitter](#)

# Protocols for contact between parents and staff at Roundwood Park School

Roundwood Park works closely with its parent and carer body and values the support it gets from parents and carers. We will always seek to make at least an initial response to any concerns within two working days during term time. We may need to investigate any concern and respond more fully later if appropriate or necessary. Staff are not expected to respond to requests in the evenings, at weekends or during school holidays unless it is an emergency such as a child protection issue or a bereavement. Please remember that some staff work part-time and may not be able to respond within 48 hours. Our advice on these occasions is to copy in the Headteacher. During August, enquiries about exams will be taken at various times as published on our website.

If it is an issue with a class or subject, please email the subject teacher and copy in the head of subject if you wish.

If it is a personal or social issue, please contact your child's form tutor and copy in the head of year if you wish.

If it is a child protection issue, please contact the Designated Teachers for Safeguarding:

**Martina Mansfield (DSP)**

**Glen Pettengell (Deputy DSP)**

**Emily Ball (Deputy DSP)**

**Gina Oduro (Deputy DSP)**

**Jennie Hall (Deputy DSP)**

**Harriet Steel (Deputy DSP)**

**Laura Davies (Deputy DSP)**

In all correspondence between staff and parents we ask both parties to be courteous at all times. Our staff are professionals and deserve to be treated with respect and dignity, even if there is disagreement over the best way forward.

NB: We advise colleagues that good practice would be to copy in their line manager in any response they make via email or letter.

Review date: December 2018

## RPS Equestrian Team

Sunday 20 January saw a great turnout at Bury Farm for the RPS Equestrian Team and fantastic results for the NSEA County Challenge Championship Qualifiers.

S Ellis, A Aucott, E Morris & J Francey were placed 2nd in the 70cm, qualifying for the Championships to be held at Bury Farm in April.

S Ellis, E Morris and J Francey were placed 5th in the 80cm, and S Inman, J Francey and E Morris were placed 6th in the 1 metre class.

A total of 8 Individual Clear Rounds between J Francey, K Johnson, A Aucott, E Morris, S Inman, E Saunders, and some fast times across all heights.

Well done to all who took part!

*Suzanne Francey  
RPS Equestrian Team Manager*



## BTEC Business Students in M&C Saatchi Competition

Four BTEC Business students have made it through to the second round of a marketing competition at M&C Saatchi.

After a challenging day learning about different marketing techniques, the students were put to the test – they successfully made it to round two, where they will be required to build a marketing campaign and pitch it to industry professionals.

Very well done!

*Mrs Tattersall  
Business Studies*



## Instrumental Exam Results

Congratulations to the following students for their recent exam success:

S. Hardstaff	Bassoon	VIII	Distinction
N. Gosling	Singing	VIII	Distinction
T. Pink	Bassoon	I	Merit
H. Pink	Flute	V	Merit
F. Moss	Clarinet	III	Merit
O. John	Piano	IV	Pass
K. Cheema	Guitar	V	Merit
E. Duddy	Singing	I	Pass
H. Allwright	Singing	II	Pass
M. Webster	Violin	II	Merit
T. Gibson	Clarinet	V	Pass
N. Mehra	Clarinet	III	Pass
N. Mehra	Cello	IV	Merit

Well to everyone for working so hard!

*Music Department*

# Safer Internet Day 2018

## Tuesday 6 February



With just under 2 weeks to go, Safer Internet Day is nearly upon us.

The UK Safer Internet Centre has launched a range of new resources to **highlight positive uses of technology and to explore the role we all play in helping to create a better and safer online community**. This includes a series of films for students aged 11-18 which focus on how young people can play their part for a safer internet. These videos can be found here:

[Safer Internet Day - SID TV 2018](#)

There is also a section with information for parents and carers to support you in delivering these important messages to your son or daughter:

[Safer Internet Day: Education Pack for Parents and Carers](#)

We will also be delivering assemblies during this week on e-Safety and time will be spent in form time looking over the resources from the UK Safer Internet Centre as part of our Thought for the Week.

*Dean Inns  
Network Manager*

# St Albans Legacy Art Project



To commemorate the 100<sup>th</sup> anniversary of the WW1 armistice, **St Albans Legacy Art Project** will be running a multi-media art competition aimed at all local secondary school students in academic Years 7-10. Works will be accepted in 5 diverse categories reflecting a wide range of contemporary media.

Teenagers across the St Albans district will be given a unique opportunity to engage with local and national archives and resources, and showcase their own interpretation of the significant impact of the ending of WW1 on their present day community through their chosen art form or medium.

The competition will culminate in a 3-week exhibition of the finalists' work in the newly refurbished St Albans Town Hall, Museum and Gallery.

The body of work produced will become an artistic legacy from the youth of 2018 to inform future generations of how they view their position in the history of their community and the wider world.

For further details, please visit:  
[www.stalbanslegacyproject.org](#)

# FREE Engineering Course for Year 10 Girls at RAF Benson

There is no better way to experience the power of engineering than by seeing first hand how it solves real life problems. This course teams you with RAF and other engineers, who will guide you through every step of the process.

Sponsored and hosted by the **Royal Air Force**, this placement will be held at **RAF Benson base** and is completely **FREE** for female students, Year 10 or students aged 14/15 yrs at the time of the course. (**Girls and British nationals only**)

## **What:**

The course will give you lots of opportunities to push yourself out of your comfort zone, to try new things that you didn't think you were capable of and to work with people you might not have met before. By taking every one of these opportunities and trying your hardest throughout the course, you will discover something new about yourself and begin to develop the employability skills that are critical in adult life.

## **How:**

- Designing and building using a range of different materials.
- Learning the practical applications of the techniques and processes you will be using.
- Understanding the importance of budgets in developing designs and materials, allowing you to calculate the financial impact of your decisions.
- Working alongside real engineers drawing on their knowledge and putting your new skills into practise.
- Gaining valuable employment skills, working in a team, communication, time management, problem solving, planning and presentations.
- Working towards a British Science CREST Award and an Industrial Cadet Award, both of which are viewed favourably by universities in your personal statement and by employers in your CV.

## **Where:**

RAF Benson, Wallingford OX10 6AA

## **When:**

28th May - 1st June 2018

5 days, 4 nights (full board residential)

## **How much:**

FREE



For further information and to book onto this course, please click on the link below:

<https://www.smallpeicetrust.org.uk/courses/raf-world-engineering-oxford/>



## HOUSE NEWS

### House Totals:



Scott	141 pts
Frank	135 pts
GT	133 pts
Cadbury	129 pts
Wilberforce	128 pts
Mandela	112 pts
Owens	108 pts

### Spring Term House Events:

Speed Stacking  
University Challenge

Results to follow!

### House Charity Weeks:

26 February  
26 March

Grey-Thompson  
Owens

### Running for House Charities

Naomi Dumpleton, Year 13, is running **5K A DAY** for the whole of January to raise money for the school charities.

If you would like to sponsor Naomi or if you are interested in running with her before or after school, she would be glad of your support!



*Please follow our House twitter pages to keep updated with all our weekly events: [RPS\\_HouseSystem](#)*

# Expressive Arts

## SPOTLIGHT



In this edition, we talk to ex-RPS student Matt Duxbury who works in marketing as a copywriter about what has happened since choosing **Music at A level**.

I chose to study Music at A level. My ambitions were pretty vague at that time, but I was (and still am) very interested in music and writing, so I think I saw myself doing something related to either one of those things in the future. Music was one of my main interests and I'd learned to play the guitar to a decent level by that point, so music A-level was an appealing option.

Through completing the course it helped me a lot with understanding how music is composed and the theory behind it. The course also contributed to my knowledge of culture and history in general, because of the different periods studied. There was also a performance aspect , which I think helped me to feel more comfortable getting up in front of people in public situations - you have to give a recital, so that was good experience!

I suppose one of the main challenges was that in a lot of aspects, I was not that musically gifted! Therefore a lot of it was quite challenging for me, but it was good because I had to push myself.

After A levels, I went on to study English literature at Manchester University. The experience was great. I think the music A level helped with studying English because although they are different disciplines, in some ways the skills and ways of thinking that you apply when evaluating pieces of music/pieces of writing are the same.

Currently, I work in advertising/marketing as a copywriter. It's going well and I'm very pleased with my choice of employment. I think music helped me to develop a broader knowledge base. And as mentioned, the performance aspects probably helped with my confidence.

My choice of taking Music A level has never hindered my options in life in the slightest. My advice to those in school facing choosing options would be to choose the subjects you enjoy and feel you can do well in. Of course you'll be thinking about your future career prospects as well, but if you have a passion or a strong interest in something, you need to pursue it! You're more likely to excel doing something you genuinely enjoy than something you choose for another reason, and that will open doors for you in the future.

If you have a story you'd like to share with us about how studying **Art, Music, Drama, PE, Textiles or Photography** at RPS has influenced your life since school, then please get in touch

with [m.garbutt@roundwoodpark.co.uk](mailto:m.garbutt@roundwoodpark.co.uk)



# Job Vacancies



Roundwood Park is a high achieving 11-18 school in Harpenden. The school carries an Outstanding rating from Ofsted and enjoys an excellent reputation, both locally and nationally. We have a large and expanding Sixth Form.

## School Attendance Officer

**Permanent**

**Start date: Immediate**

**17.5 hours per week**

**(8.30am – 12pm)**

**38 weeks per year + 2 training days**

**Grade: H5 plus fringe allowance.**

**Full time equivalent salary £19,431 - £21,268 + £585 fringe allowance.**

**Paid salary reflecting actual hours/weeks £7,934 - £8,662**

Attendance Officer is a key role within our Pastoral Team, collecting, maintaining, monitoring and reporting data on attendance and punctuality, and supporting pastoral work to improve these.

The full application pack is available on the Teach in Herts website here:

[Attendance Officer](#)

**The closing date for applications is 9.00am on Wednesday 31st January**

## Student Support Officer (KS 3)

**Permanent**

**Start date: Immediate**

**32.5 hours per week**

**(8.20am – 3.20pm)**

**38 weeks per year +2 training days**

**Grade: H5 plus fringe allowance.**

**Full time equivalent salary £19,431 - £21,268 + £585 fringe allowance.**

**Paid salary reflecting actual hours/weeks £14,734 - £16,087**

Our Student Support Officers provide empathetic guidance and mentoring for students (and families), focused on positive outcomes and building self-reliance. Excellent listening skills, but firmness towards positive outcomes, are key requirements.

The full application pack is on the Teach in Herts website here:

[Student Support Officer - Key Stage 3](#)

**The closing date for applications is 9.00am on Wednesday 31st January**

**Date of interviews: Week commencing 5th February**

*We are committed to the safeguarding and promotion of children's welfare and an equal opportunities employer. We will need to obtain references in advance on any candidate short-listed for interview and all job offers are subject to satisfactory Disclosure and Barring Service clearance.*

## PTA Social Events

The PTA is currently raising £30,000 for 570 new classroom tables.



### Comedy Night

Saturday 3<sup>rd</sup> Feb

(7pm School Hall)

We have some fantastic Comedians lined up for this fun filled evening.

Bring friends, enjoy a drink and have a laugh!

**REMAINING TICKETS  
STILL ON SALE**

(SEE ATTACHED BOOKING FORM)



### Second Hand Uniform Sale

**Thank You!**

We raised just over £500!

**Next Sale - June 2018**

Please continue to donate any laundered, quality second hand uniform to Reception.

We also welcome donations of trainers, football boots, rucksacks, coats and jackets.



### 1% Community Fund

**Roundwood Park PTA** has been chosen for the next round of **Co-op Local Community Fund**.

From **now** until the **27 Oct 2018**

1% of the sale of selected Co-op products goes into the Local Community Fund.

**It only applies to Co-op members.**  
If you are not already a Co-op member and use the Co-op, please sign up at [www.coop.co.uk](http://www.coop.co.uk) before your next shop and select 'Roundwood Park PTA' as your chosen Community Fund.

Please pass on to local family and friends as we have the potential of raising over **£5,000!**



### PTA Donations

You can also support our PTA fundraising campaign by **donating on Parent Pay**.

The PTA is a registered charity and we can be contacted on [pta@roundwoodpark.co.uk](mailto:pta@roundwoodpark.co.uk).

*Details of all our activities and booking forms can be found on the school website under "Parents".*

# Roundwood Park PTA Comedy Night

## Saturday 3 February 2018

Roundwood Park School Hall

Doors & Bar open at 7pm   Show starts at 8pm   Tickets: £15 per person   18+ only  
Licensed Bar & Snacks available

Raising £30000 for Roundwood Park School



### Simon Clayton\* - Compere

Simon Clayton has been a stand-up comic since 1995. On stage he talks about what he is: male, fat, mixed race, married, balding and anything else that currently makes him laugh. Although not necessarily in that order. He has performed nationwide. He is also a very experienced compere.

with

**Sundhu Vee\*** - Sindhu puts her accolade as a 2016 BBC New Comedy Award finalist ahead of the fact that she was already making comedy waves with us when she reached the Funny Women Awards final in 2013. She is way ahead of the curve when it comes to comedy of the intrinsically female kind and I love her for it. – Lynne Parker



**Mark Maier\*** - Talented award-winning writer and stand-up, Mark Maier, is an established and highly sought after performer on both the national and international comedy circuits. Amongst his many credits, Mark has taught and performed improvisation with Catherine Tate in London and has had a string of successful radio series, in which he was both writer and performer.



**The Raymond & Mr Timpkins Revue \*** 'The raymond and mr timpkins revue' are a prop/music driven double act, professionally dancing about and holding up words and pictures since 2004, though we've been enthusiastic amateurs for much longer. We have crisscrossed the planet in a bid to make money and amuse.

\*Line up is correct at time of publishing although could be subject to last-minute change

### Comedy Night Booking Form

Please return reply slip with cheque to Bursar's Box at RPS in an envelope marked "Roundwood Park PTA - Comedy Night".

Name: ..... Tel No: .....

I enclose a cheque for £ ..... payable to 'Roundwood Park PTA' for ..... tickets

Email address: .....

Your email confirming your booking will serve as your ticket. Please bring it with you on the night.  
Tickets will be sold on a first come first served basis - adults 18+ only

Thank you for supporting Roundwood Park School

Roundwood Park School  
in partnership with  
Harpenden Colts FC  
present...



## Roundwood Park Community Pitch

Construction of the Roundwood Park Community Pitch is now under way and we are grateful for your support.

**£15,300 received to date - would you like to donate?**



*The new pitch under construction*

*Mr Henshall & Jamie Redknapp with the pitch plans*

### About the pitch

We are building a state-of-the-art, all-weather, full-size artificial pitch at Roundwood Park School. This will allow us to meet the physical educational needs of our students, all year round. The school is committed to using the pitch for multiple sports - football, rugby and softball, to name just a few. As well as benefitting our students, this fantastic new facility will also provide a creative space which can be enjoyed by a wider demographic, encouraging the community as a whole to participate in physical activity and engage in a healthy lifestyle.

### Help us reach our fundraising target of £200,000

The Football Foundation are providing the bulk of the funding for the new pitch and we are very grateful for the donation of £10,000 from the Harpenden Society. Roundwood Park School and Harpenden Colts will provide the balance of the financing but we need your help to reach our fundraising target of £200,000.

### Carve your name into Harpenden's History

To raise funds, the viewing area of the pitch will be lined with paving stones engraved with personal tributes, names and memorials. You can support the Roundwood Park Community Pitch by making a donation to pay for a paving stone for your own family, or business or you might consider a joint paving stone with friends. By donating, you can make a lasting and personal contribution to this much needed facility within the school and our wider community. Your donation will make a big difference.

### Gift Aid

We will be seeking to claim gift aid on personal donations which qualify and invite you to complete a gift aid donation on checkout. By selecting gift aid we receive an extra 25% of your donation. You can also donate on behalf of a family member or a friend and download a gift certificate when you check out.

**Click here to donate now!**

Thank you for your support. Please share this on social media and help pave the pitch.

**Website: [www.rpcp.co.uk](http://www.rpcp.co.uk)**

**Facebook: [www.facebook.com/roundwoodparksch/](http://www.facebook.com/roundwoodparksch/) Twitter: [@Roundwood Park](https://twitter.com/Roundwood_Park)**

# GCSE English Revision workshops for your child

Our GCSE English workshops are designed to cater for your child's individual needs in an engaging, focused and active learning environment. Experts in English provide additional tuition, supporting with one goal – to help your child get the best possible grade in each of the two exam papers.



## These revision workshops will:

- enable your child to feel 'exam ready'
- be delivered by subject experts, following the very latest guidance and advice from AQA
  - provide each participant with exam strategies and guidance on how to succeed in each exam paper
- give your child the opportunity to complete a range of revision activities, addressing the skills needed with immediate feedback

## In addition your child will be given:

- targeted revision resources to take away to support their independent study

\* Price includes high quality, take away revision resources

To book please visit: [hertsforlearning.co.uk/training-and-events/training-courses](http://hertsforlearning.co.uk/training-and-events/training-courses)

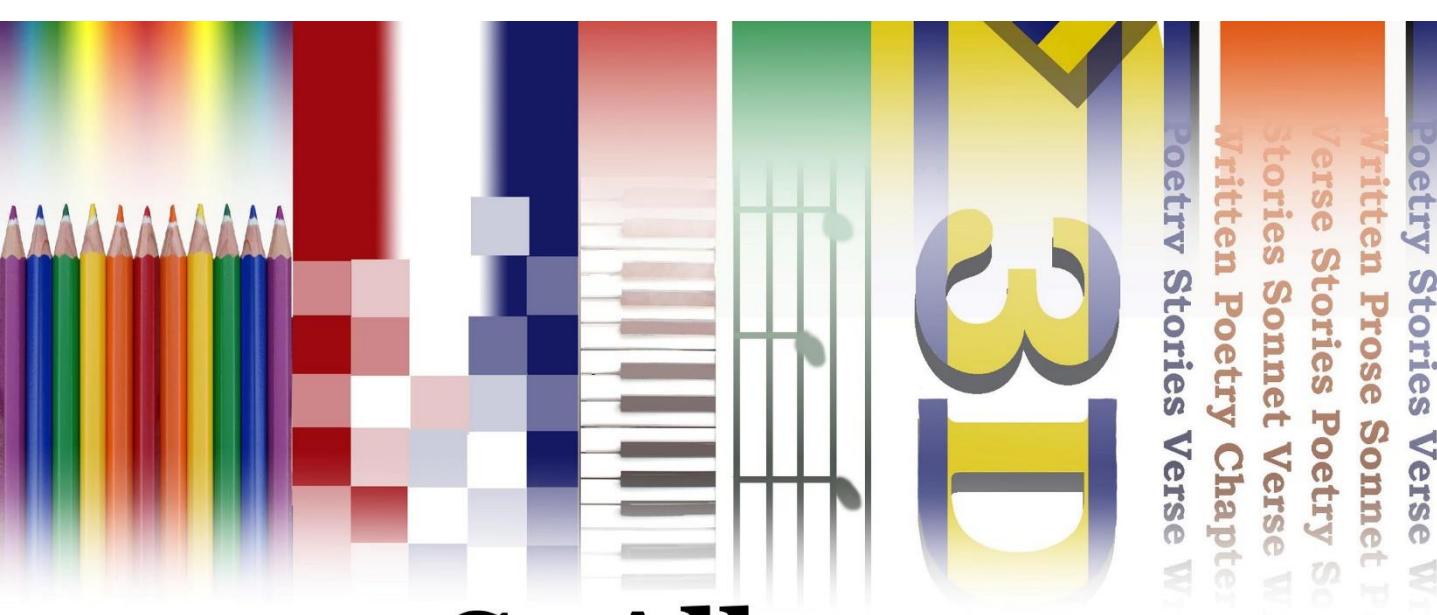
# GCSE English Revision workshops for your child

Subject	Date	Timings	Venue	Cost
AQA GCSE English Literature Paper 1: Macbeth	Saturday 17 <sup>th</sup> February, 2018	9:00am – 12:00pm	Samuel Ryder	£45
AQA GCSE English Literature Paper 1: Romeo and Juliet	Saturday 17 <sup>th</sup> February, 2018	1:00pm – 4:00pm	Samuel Ryder	£45
AQA GCSE English Literature Paper 1: Jekyll and Hyde	Saturday 24 <sup>th</sup> February, 2018	9:00am – 12:00pm	Samuel Ryder	£45
AQA GCSE English Literature Paper 1: A Christmas Carol	Saturday 24 <sup>th</sup> February, 2018	1:00pm – 4:00pm	Samuel Ryder	£45
AQA GCSE English Literature Paper 2: Cluster 1 – Love & Relationships	Saturday 3 <sup>rd</sup> March, 2018	9:00am – 12:00pm	Samuel Ryder	£45
AQA GCSE English Literature Paper 2: Cluster 2 – Conflict	Saturday 3 <sup>rd</sup> March, 2018	1:00pm – 4:00pm	Samuel Ryder	£45
AQA GCSE English Language Paper 1	Saturday 10 <sup>th</sup> March, 2018	9:00am – 12:00pm	Samuel Ryder	£45
AQA GCSE English Language Paper 2	Saturday 17 <sup>th</sup> March, 2018	9:00am – 12:00pm	Samuel Ryder	£45
AQA GCSE English Language Papers 1 & 2	Wednesday 4 <sup>th</sup> April 2018	9:30am – 2:30pm	Stevenage HDC	£85
AQA GCSE English Literature Papers 1 & 2	Thursday 5 <sup>th</sup> April, 2018	9:30am – 2:30pm	Stevenage HDC	£85
AQA GCSE English Language Papers 1 & 2	Monday 9 <sup>th</sup> April, 2018	9:30am – 2:30pm	Townsend School, St Albans	£85
AQA GCSE English Literature Papers 1 & 2	Tuesday 10 <sup>th</sup> April, 2018	9:30am – 2:30pm	Townsend School, St Albans	£85

If you require additional information regarding these workshops, please contact:

[anne.coad@hertsforlearning.co.uk](mailto:anne.coad@hertsforlearning.co.uk) or telephone: **01438 844882**

To book please visit: [hertsforlearning.co.uk/training-and-events/training-courses](http://hertsforlearning.co.uk/training-and-events/training-courses)



# St Albans Legacy Multi Media Art Competition

Open to teenagers in yrs 7 -10



[www.stalbanslegacyproject.org](http://www.stalbanslegacyproject.org)



## Wellbeing Support for Parents

*1 in 4 people will experience stress,  
anxiety or low mood at some stage*

*Every year we help over  
19,000 people in Hertfordshire*

### Who are we?

The Wellbeing team is designed to help people like you manage everyday problems.

We are part of the national initiative Improving Access to Psychological Therapies (IAPT).

The NHS Wellbeing Team are offering free, confidential support to all parents.

### Are you...



**Then you might benefit from free support offered by the **Wellbeing Team**.**

This support is based on Cognitive Behaviour Therapy (CBT). CBT is highly effective at reducing symptoms of low mood, anxiety and other emotional problems.

#### If you are feeling anxious or stressed we aim to help you:

- Understand why you feel this way
- Explore with you, how the way you behave effects how you are feeling
- Agree what you want to improve and develop new ways of thinking and coping

#### Our help is offered in different ways to suit your needs including:

- Individual sessions
- Online programmes that you can access in your own time with telephone support
- Workshops and/or group work

### How to get help:

You can make a self-referral by calling the Single Point of Access Team on 0300 777 0707. Or find out more about what we do and make an on-line referral by visiting

[www.talkwellbeing.co.uk](http://www.talkwellbeing.co.uk)

We pride ourselves on seeing people quickly – and you will be contacted within a week of referral to book your first appointment.

# Your Future. Their Future.

The Annual Hertfordshire

## TEACHER RECRUITMENT FAIRS

#TiHjobs

By  
**Teach in Herts**



Free to attend

SATURDAY | FEBRUARY 3, 2018 | 10AM - 2PM

PARMITER'S SCHOOL, HIGH ELMS LANE, WATFORD WD25 0UU

SATURDAY | MARCH 10, 2018 | 10AM - 2PM

HERTFORDSHIRE DEVELOPMENT CENTRE, ROBERTSON HOUSE, SIX HILLS WAY, STEVENAGE, SG1 2FQ

The award-winning teacher recruitment fairs return to Hertfordshire.

Get to meet Hertfordshire schools and School Direct recruiters face-to-face.

Advice and workshops for experienced teachers, those looking for their first teaching role or considering teaching as a career.

Extended to two events this year.

TEACH IN HERTS IS MANAGED BY



[teachinherts@hertsforlearning.co.uk](mailto:teachinherts@hertsforlearning.co.uk)

[teachinherts.com](http://teachinherts.com)

01438 845785

@TeachinHerts

TeachinHerts

TeachinHerts

# JOIN OUR POLICE CADETS

**Are you:**

- interested in police work?
- aged between 14 and 18?
- interested in a varied role where you can develop a range of skills, help your local community and have fun?



**Then why not join the St Albans and Harpenden Volunteer Police Cadets.**

For further information and an application pack, please email [steven.alison@herts.pnn.police.uk](mailto:steven.alison@herts.pnn.police.uk) or call **01707 354192** and ask for PC Steve Alison.

[www.herts.police.uk/cadets](http://www.herts.police.uk/cadets)





# **ANGER in the Family**

**A workshop for parents and carers of children aged 5-19  
looking at how angry behaviour effects family life.**

**We will cover :**

- ⇒ **What anger looks like**
- ⇒ **Where might it be coming from**
- ⇒ **What can we do to manage the behaviour we see**

**Monday 29th January 2018**

**10.00am-12.30pm**

**Harpenden Plus Partnership  
Jubilee Room, Sauncey Wood School,  
Pickford Hill, Harpenden AL5 5HL**

**Fully funded by Harpenden Plus Partnership \***

**Call : 01582 623676**

**or email : [jfosteredwards@saunceywood.herts.sch.uk](mailto:jfosteredwards@saunceywood.herts.sch.uk)**

**You will be sent a booking form and your place will be  
secured upon receipt of your completed form and a small deposit.**

\*£20 fee if your child does not attend a HarpendenPlus Partnership school  
List of partnership schools: Beech Hyde, Crabtree schools, Grove schools, Harpenden Academy, High Beeches, Kimpton, Lea, Manland, Redbourn Schools, Roundwood Park, Roundwood Primary, Sauncey Wood, Sir John Lawes, St Dominic, St George's, St Helen's, St Nicholas, Wood End

## **"Communication for Life"**

### **A workshop on meeting the communication challenges of teenage years and young adulthood.**

***A Workshop for families and professionals supporting children and young people with Down syndrome from age 9 to young adulthood***

**Led by:** **Leela Baksi**, specialist speech and language therapist, Symbol UK Ltd

This course looks at the communication issues in the context of adolescence. It will explore ideas and strategies that can support communication around key themes for teenagers and young adults, focusing on the strengths and challenges associated with Down syndrome.

#### **Course outline**

**Adolescence, young people who have Down syndrome, and communication skills: challenges and opportunities** - What does research tell us about the communication skills of young people who have DS?

#### **Living and working with communication impairment: common issues and what we can do about them**

Key areas to address and strategies : learning words and achieving clearer speech; vocabulary, language scripts, grammar and narrative skills; personal presentation skills; Too much/not enough talking! Self talk, and selective mutism- why might it happen and what we can do about it?

#### **Visual scaffolding to support thinking skills**

Some examples of visuals that support communication as young people move towards adulthood

This course is designed for a mixed audience of parents and family members and school and college staff including teaching assistants, teachers, and other practitioners including speech and language therapists. There will be opportunities to discuss issues and plans for individuals during workshop-style sessions.

**Date: Wednesday 31st January 2018, Time: 9.30 am to 4pm**

**Venue: St Albans Girls' School, Sandridgebury Lane, St Albans AL3 6DB**

**Cost:** £25 for schools and other professionals. £10 for parents/carers.

Tea and coffee provided, please bring your own lunch.

Places are limited so please book, by completing the tear off slip and return with cheque to:  
DSPL Administration, c/o STAGS, Sandridgebury Lane, St Albans AL3 6DB

On site parking available in **Visitors Car Park** only please.



Name(s) of Attendee(s):

Communication - 31st Jan 2018

For Schools - Name & Address:

OR

for Parent(s) - Address:

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Contact Email: \_\_\_\_\_



NB: Please make cheques payable to St Albans Girls' School

## Eating Disorders in Children and Teens— a Parent’s Guide - Talk

6-12 yrs

teens



*Great learning every day for everyone*

### Summary



Eating Disorders often appear in the media and have touched many personally. At one extreme they are trivialised as vanity or a lifestyle choice, and at the other cause alarm due to high profile deaths. Effective psychological treatments are available and the majority of young people recover if they get high quality care early enough. Dr. Nicholls will describe the characteristics of eating disorders, as well as outlining disturbances of eating behaviour that would not be classified as

eating disorders. Once established, eating disorders can have a profound effect on young people and on their families. This talk will focus on the early signs of eating disorders, risks for developing eating disorders, and how parents can help if they recognise these difficulties in their child. Dr Nicholls will touch on the latest research about what makes one child vulnerable to developing an eating disorder when another child from the same family and in the same environment may not. The sorts of treatment that a young person should expect will also be outlined, along with pointers to useful sources of support.

### Who is this event for?

This talk is primarily for parents of children age eight and above who are interested in increasing their awareness of this issue. It will also be of interest to all those who work with children and adolescents. The talk will not cover other types of eating difficulties such as fussy or picky eating.

### What parents will gain from the event

- Identify the types of eating disorder and know how they differ from ‘normal’ concern about eating, weight and shape
- Recognise the early signs of disordered eating behaviour and how to respond
- Understand some of the factors that may keep an eating disorder going once it has developed
- Know about the types of effective psychological treatment that are available
- Know who to contact and where to turn if you need more help

**Click to Book Now**

This talk is sponsored by



### Event Details

**Date:** Thu, 1<sup>st</sup> Feb 2018

**Time:** 19.30-21.15

**Location:** The Maltings Theatre

St Albans, AL1 3HL

**Cost:** £18pp

### About our speaker



Dr Dasha Nicholls is Consultant Child and Adolescent Psychiatrist and Joint Head of the Feeding and Eating Disorders service (FEDS) at Great Ormond Street Hospital and Honorary Senior Lecturer at the Institute of Child Health. Her clinical work is concerned with feeding and eating disorders in children and adolescents, including early onset eating disorders, avoidant restrictive food intake disorders, and child and adolescent obesity. She has published over 60 research articles and book chapters and is actively engaged in lecturing and teaching. She is Past President of the Academy of Eating Disorders, was Chair of the Junior MARSIPAN group, is a member of the NICE Guideline Committee and Expert Reference Group, and is chair of the Eating Disorders Faculty of the Royal College of Psychiatrists.



# HAPPY TEENS

## Wellbeing Weekender

**“Do you and your teen need advice, guidance and support?”**

**RELATIONSHIPS** **SOCIAL MEDIA** **FEAR**  
**FRUSTRATION** **FRIENDSHIPS** **SELF ESTEEM** **WORRY**  
**EXAM STRESS** **ANXIETY** **IMAGE**  
**CYBER BULLYING** **BODY IMAGE** **BULLYING**

**Professionals in youth wellbeing and resilience coming together for one weekend to help you and your teenager navigate those tricky teen years.**

**HAPPY TEENS – THE WELLBEING WEEKENDER**  
**Saturday 17th March 2018 10-5pm**  
**Nicholas Breakspear School, St Albans**

**BOOK YOUR PLACE HERE**

<https://www.eventbrite.com/e/happy-teen-wellbeing-weekender-tickets-40029482259>

**Kat@brilliantlyimperfect.com**

**Hosted By Kat Shaw of Brilliantly Imperfect in support of Raphael House & Ollie Foundation**

**"We're all in this together"  
Speech, language and communication for children with  
Down syndrome in the Primary Phase**

*For staff working in all schools, including Teaching Assistants, Classroom Teachers,  
SENCO's, Support Teachers, Speech and Language Therapists and parents.*

Led by: Leela Baksi, specialist speech and language therapist, Symbol UK Ltd

A one day workshop for families and professionals supporting children with Down syndrome up to the age of 11, on understanding our children's communication profile and supporting them to develop their speech, language and communication skills. This day shares details of the profile of communication strengths and needs associated with DS, and recommended strategies to overcome difficulties and develop skills. We discuss setting up an individually tailored, supportive communication environment, and addressing specific aspects of speech, language and communication skills in everyday life and curriculum activities. It also provides an overview of approaches for speech and language therapy staff who are not familiar with recommendations regarding speech and language therapy for children who have Down syndrome.

This workshop considers establishing early language skills and using alternative means of communication as well as extending spoken language and addressing speech clarity.

Presentations include:

- ◆ Realising the communication potential of children who have Down syndrome: expert recommendations
- ◆ The profile of communication strengths and issues associated with Down syndrome.
- ◆ Supporting communication
- ◆ Social communication skills
- ◆ Language skills
- ◆ Eating and drinking skills: getting mouths ready for talking
- ◆ Learning and saying words

This course is best suited to those concerned with Down syndrome and if people are only looking for support with other diagnoses, this is not the right course.

**Date: Thursday 22nd March, 2018, Time: 9.30 am to 4pm**

**Venue: St Albans Girls' School, Sandridgebury Lane, St Albans AL3 6DB**

**Cost:** £25 for school and other professionals, £10 for parents and carers.

Places are limited so please book, by completing the tear off slip below and return with cheque to:  
DSPL Administration, c/o STAGS, Sandridgebury Lane, St Albans AL3 6DB

Tea and coffee will be provided. Please bring your own lunch.

Please bring along any examples of pupils' work or resources that you would like to discuss.

Previous participants have found it helpful if class teachers and Teaching Assistants attend this course together to ensure all are knowledgeable about issues and recommended strategies, and to facilitate planning together.

On site parking available in **Visitors Car Park** only please.



**Name(s) of Attendee(s):**

We're All In This Together 22 March 2018

**For Schools - Name & Address:**

**OR**

**for Parent(s) - Address:**

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**Contact Email:** \_\_\_\_\_



**NB: Please make cheques payable to St Albans Girls' School**



# Living with an Anxious Child

**A workshop for parents and carers of children aged 5-19  
who worry, and show signs or symptoms of anxiety.**

## We will cover :

- ⇒ **What anxiety looks and feels like**
- ⇒ **When anxiety becomes a problem**
- ⇒ **How to respond to an anxious child**

**Monday 26th March 2018**

**10.00am-12.30pm**

**Harpenden Plus Partnership**

**Jubilee Room, Sauncey Wood School,  
Pickford Hill, Harpenden AL5 5HL**

**Fully funded by Harpenden Plus Partnership \***

**Call : 01582 623676**

**or email : [jfosteredwards@saunceywood.herts.sch.uk](mailto:jfosteredwards@saunceywood.herts.sch.uk)**

**You will be sent a booking form and your place will be  
secured upon receipt of your completed form and a small deposit.**

\*£20 fee if your child does not attend a HarpendenPlus Partnership school

List of partnership schools: Beech Hyde, Crabtree schools, Grove schools, Harpenden Academy, High Beeches, Kimpton, Lea, Manland, Redbourn Schools, Roundwood Park, Roundwood Primary, Sauncey Wood, Sir John Lawes, St Dominic, St George's, St Helen's, St Nicholas, Wood End



SPOT THE SIGNS OF SUICIDE RISK AND YOU COULD SAVE A LIFE

## Spot the Signs Campaign is run in partnership with:

Hertfordshire County Council  
Tel: 0300 123 4040

Hertfordshire Partnership University NHS Foundation Trust (HPFT)  
Tel: 01707 253 900

Hertfordshire Mind Network  
Tel: 02037 273 600

Mind in Mid Herts  
Tel: 01727 865 070

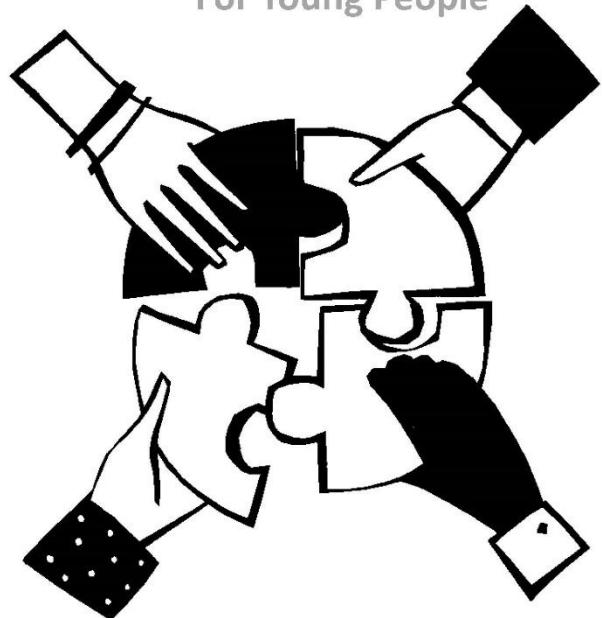


Hertfordshire Partnership NHS University NHS Foundation Trust



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# Wellbeing Signposting Guide For Young People



Hertfordshire Partnership NHS University NHS Foundation Trust



SPOT THE SIGNS OF SUICIDE RISK AND YOU COULD SAVE A LIFE

**Spot the Signs** is a suicide prevention campaign helping to remove the stigma of talking openly about suicide. We provide training courses and signpost individuals to mental health support in Hertfordshire. Spot the Signs Young People's project aims to:

- Increase public awareness of suicide in young people
- Reduce the stigma associated with seeking mental health support
- Provide suicide awareness training to professionals working with young people in Hertfordshire
- Encourage peer support
- Signpost children and young people to support services
- Promote support for families where a family member is at risk

**Our vision is to make Hertfordshire a county where no one gets to a point they feel suicide is their only option.**

[www.hpft.nhs.uk/spot-the-signs](http://www.hpft.nhs.uk/spot-the-signs)

## Notes

Please use this page to add your own notes or comments.

## Apps

There are a variety of apps for ISO and android devices that can support your mental health.

If you are concerned about online safety or bullying visit CEOP to learn about internet safety and report online abuse at [www.ceop.police.uk](http://www.ceop.police.uk)



**Calm Harm** is a free app with password protection that provides a range of techniques to relieve emotional distress. It's particularly helpful if you often use self harm to cope.



**Focus on the go** free family based games to support 4 years and older in managing and understanding emotions.



**For Me** is a free app from Childline. It offers counselling, group message boards, and advice.



**MindShift** a free app with advice managing anxiety and relaxation methods.



**Recharge—Move Well, Sleep Well, Be Well** uses a free, personalised 6 week program to help you improve your mood and energy levels.



**Smiling Mind** provides free mindfulness meditations aimed at reducing stress, anxiety and concentration levels.

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## General

**Bullying UK** offer advice if you or someone you know is being bullied. They also have a free, confidential helpline for parents, open Mon - Fri 9am - 9pm, Weekends 10am - 3pm.

**Tel:** 0808 800 2222; **Web:** [www.bullying.co.uk](http://www.bullying.co.uk)

**Chat Health** a texting service for 11 - 19 year olds in Hertfordshire, where you can text your school nurse for guidance and support. Open Mon - Fri 9am - 5pm.

**Text:** 07480 635 050

**Health for Kids** provides information for children on staying healthy and understanding feelings.

**Web:** [www.healthforkids.co.uk](http://www.healthforkids.co.uk)

**Health for Teens** provide an advice website on all aspects of health for teenagers, provided by the NHS.

**Web:** [www.healthforteens.co.uk](http://www.healthforteens.co.uk)

**NHS 111** If you need urgent medical advice but it is not an emergency then you can call 111 (in case of an emergency or life threatening situation call 999)

**NHS Stop Smoking Service** if you would like advice and support in stopping smoking you can visit the website to find your closest service. **Web:** [www.nhs.uk/smokefree](http://www.nhs.uk/smokefree)

## Money

**Gamblers Anonymous** provides support for gamblers and their friends and/or family. Web: [www.gamblersanonymous.org.uk](http://www.gamblersanonymous.org.uk)

**Hertfordshire Citizens Advice** offer guidance on debt and money, benefits, housing and legal matters. Find your closest centre on the website. Web: [www.hcas.org.uk](http://www.hcas.org.uk)

**Hertfordshire County Council** provide guidance for young people about benefits, entitlements and budgeting. Visit their website and search for 'Money Advice Factsheets'.

Web: [www.hertfordshire.gov.uk/childrens-social-care](http://www.hertfordshire.gov.uk/childrens-social-care)

**Hertfordshire Young Homeless** offer advice and practical support such as; family mediation, and host families, for 16 - 24 year olds who are homeless or worried they might become homeless.

Tel: 0800 0355 775; Web: [www.hyh.org.uk](http://www.hyh.org.uk)

**National Debtline** provide advice for managing any debts you might have through a free helpline open Mon - Fri 9am - 8pm, Sat 9:30am - 1pm. Tel: 0808 808 4000; Web: [www.nationaldebtline.org](http://www.nationaldebtline.org)

**Open Door** are an 18+ only homeless shelter.

Tel: 01727 859113; Web: [www.hpcba.org.uk/open-door](http://www.hpcba.org.uk/open-door)

**YC Hertfordshire** give guidance and support to young people.

Tel: 0300 123 4043; Email: [yc@hertfordshire.gov.uk](mailto:yc@hertfordshire.gov.uk)

Web: [www.youthconnexions-hertfordshire.org](http://www.youthconnexions-hertfordshire.org)

## Crisis Support

If you are worried about your own or someone else's suicidal thoughts or feelings you can contact the below services for support:

- In a life threatening situation call **999**
- **Samaritans:** free confidential support 24/7 call **116 123**
- **Childline:** free 24hr counselling service call **0800 1111**
- **HPFT Single Point of Access (SPA)** take referrals for NHS mental health services. Call **0300 777 0707** (8am - 7pm)
- Contact your **GP** to make an **urgent appointment** to discuss your mental health needs
- **Nightlight Crisis Service** if you are 18+ years you can seek support Fri - Mon, 6pm - midnight. Call **01923 256 391**

[www.hpft.nhs.uk/spot-the-signs](http://www.hpft.nhs.uk/spot-the-signs)

## Addiction

**AF-DASH (Adolescent & Family Drug and Alcohol Service for Hertfordshire)** support for young people struggling to manage their use of drugs and/or alcohol. Tel: 01992 531 917; Text: 07770 537 227; Email: [AFDASH@hpft.nhs.uk](mailto:AFDASH@hpft.nhs.uk)

**DrugFAM** provide support to families, friends and carers who are struggling to cope with a loved one's addiction to drugs or alcohol. Tel: 0300 888 3853; Web: [www.drugfam.co.uk](http://www.drugfam.co.uk)

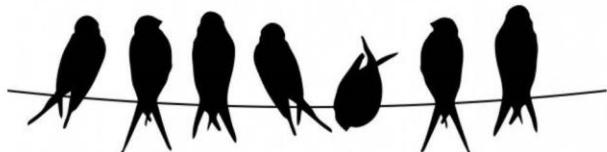
**FRANK** offer a 24 hour confidential helpline for young people with questions or concerns about alcohol or drugs, or you can chat online with advisors daily from 2pm - 6pm. Tel: 0300 123 6600; Web: [www.talktofrank.com](http://www.talktofrank.com)

**Future Living Hertford** offers the 'Kick it' project for young people struggling with addiction, bullying, abuse and/or neglect. Tel: 01992 537 344; Email: [info@futurelivinghertford.co.uk](mailto:info@futurelivinghertford.co.uk); Web: [www.futurelivinghertford.co.uk](http://www.futurelivinghertford.co.uk)

**Gamblers Anonymous** provides support for gamblers and their friends and/or family. Web: [www.gamblersanonymous.org.uk](http://www.gamblersanonymous.org.uk)

**Health for Teens** offer advice for 11 - 19 years on topics from emotional wellbeing, addiction and healthy relationships.

Web: [www.healthforteens.co.uk](http://www.healthforteens.co.uk)



## Mental Health

### General Mental Health Support

**Big White Wall** are an online support network for 16+ years.  
Web: [www.bigwhitewall.com](http://www.bigwhitewall.com)

**Healthy Young Minds in Herts** provides information for children and young people on keeping mentally well and where to seek support  
Web: [www.healthyyoungmindsinherts.org.uk](http://www.healthyyoungmindsinherts.org.uk)

**Health for Kids** provides information for children on staying healthy and understanding feelings. Web: [www.healthforkids.co.uk](http://www.healthforkids.co.uk)

**Health for Teens** provide an advice website on all aspects of health for teenagers, provided by the NHS. Web: [www.healthforteens.co.uk](http://www.healthforteens.co.uk)

**Mind** have information to better understand diagnoses and managing mental health on their website. Web: [www.mind.org.uk](http://www.mind.org.uk)

**Single Point of Access (SPA)** HPFT's SPA can put you in touch with the relevant NHS mental health service. Tel: 0300 777 0707 (8am - 7pm).

**Step 2 CAMHS** is HCT's early intervention mental health service for children up to 19 years. To self refer call SPA (see above).

**The Mix** information and support for the under 25's covering a range of topics including mental health. Their helpline and webchat are open 11am - 11pm daily. Tel: 0808 808 4994; Web: [www.themix.org.uk](http://www.themix.org.uk)

**Wellbeing Service** offer CBT (Cognitive Behavioural Therapy) and group therapy to anyone over 16 years struggling with their mental health, visit the website to refer in. Web: [www.talkwellbeing.co.uk](http://www.talkwellbeing.co.uk)

**Young Minds** Provide information about all things mental health, from medication to coping strategies. Web: [www.youngminds.org.uk](http://www.youngminds.org.uk)

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## Education & Employment

### In School?

If you feel you are struggling with school life you can contact your Head of Year or Head of Key Stage for some guidance and support.

### Seeking Employment/Further Education?

**Herts Youth Futures** offers support for 15 - 19 year olds that are not currently in education, employment or volunteering to get back into education or employment through a variety of youth projects, sports and 1:1 support. Tel: 01992 556 183; Email: [bbo@hertfordshire.gov.uk](mailto:bbo@hertfordshire.gov.uk); Web: [www.hertfordshire.gov.uk](http://www.hertfordshire.gov.uk)

**Job Centre Plus** offer support with finding employment for 18 years and over. [www.gov.uk/contact-jobcentre-plus](http://www.gov.uk/contact-jobcentre-plus)

**YC Hertfordshire** give guidance and support to young people seeking employment. Tel: 0300 123 4043;  
Email: [yc@hertfordshire.gov.uk](mailto:yc@hertfordshire.gov.uk);  
Web: [www.youthconnexions-hertfordshire.org](http://www.youthconnexions-hertfordshire.org)

**YMCA** deliver sessions across Hertfordshire to support young people to gain apprentices and employment. Visit their website to find your closest service. Web: [www.oneymca.org](http://www.oneymca.org)

## Bereavement

**Bereavement Matters—St Albans and District Bereavement Network** offer bereavement counselling to families and young people in the St Albans District. Their telephone helpline is open 9am - 1pm Mon - Fri. Tel: 01727 841 841;  
Email: [admin@sabn.org.uk](mailto:admin@sabn.org.uk); Web: [www.sabn.org.uk](http://www.sabn.org.uk)

**Child Bereavement UK** have advice on managing grief and local services. Web: [www.childbereavementuk.org](http://www.childbereavementuk.org)

**Cruse Bereavement Care Hertfordshire** support the wellbeing of anyone aged 5 - 18 years who's experienced the death of a loved one. Leave a message on their 24hr helpline and they will contact you back. Tel: 01707 264 293;  
Web: [www.cruse-hertfordshire.org.uk](http://www.cruse-hertfordshire.org.uk)

**Hope Again** is the youth website for Cruse Bereavement Care—Nationwide. You can call their free helpline Mon - Fri from 9:30am - 5pm. Tel: 0808 808 1677;  
Email: [hopeagain@cruse.org.uk](mailto:hopeagain@cruse.org.uk); Web: [www.hopeagain.org.uk](http://www.hopeagain.org.uk)

**Stand By Me** offer children and young people in North Herts and Stevenage group work bereavement support, including children bereaved by suicide. Also offer advice to parents/carers and professionals working with young people.  
Tel: 07469 255163; Email: [info@stand-by-me.org.uk](mailto:info@stand-by-me.org.uk);  
Web: [www.stand-by-me.org.uk](http://www.stand-by-me.org.uk)

### Eating

**BEAT (Beating Eating Disorders)** offer advice and guidance on eating disorders, with a youth helpline. Tel: 0808 801 0711;  
Web: [www.b-eat.co.uk](http://www.b-eat.co.uk)

**CAMHS Community Eating Disorder Team** to self refer call SPA Tel: 0300 777 0707 (8am - 7pm).

### Self Harm

**CALM (Campaign Against Living Miserably)** offer support to young males struggling with low mood, self-harm and suicidal thoughts. Their helpline runs daily 5pm - midnight, or you can use their webchat. Tel: 0800 585858; Web: [www.thecalmzone.net](http://www.thecalmzone.net)

**Self Harm UK** offer support to individuals dealing with and recovering from self-harm. Web: [www.selfharm.co.uk](http://www.selfharm.co.uk)

**Self-Injury Support** provide TESS, a support and information text service for females under 24 years who are struggling with self harm. Tel: 0808 800 8088; Text: 0780 047 2908;  
Web: [www.selfinjursupport.org.uk](http://www.selfinjursupport.org.uk)

### Suicidal Thoughts

**Hector's House** was set up by the family of Hector who died by suicide. Their website offers on where you can seek further support. Web: [www.hectorshouse.org.uk](http://www.hectorshouse.org.uk)

**Papyrus Prevention of Young Suicide** offer support through their helpline (HOPEline UK) to those under 35 years that are having thoughts of suicide Mon - Fri, 10am - 10pm, Weekends 2pm -10pm. Tel: 0800 068 4141; Text: 07786 209 697; Web: [www.papyrus-uk.org](http://www.papyrus-uk.org)

**Saneline** provide information and have a helpline open 4:30pm - 10:30pm daily. Tel: 0845 7678000; Web: [www.sane.org.uk](http://www.sane.org.uk)

**The OLLIE Foundation** have a website with information on where you can seek further support if you're having suicidal thoughts. Web: [www.theolliefoundation.org.uk](http://www.theolliefoundation.org.uk)

## Mental Health

### Counselling

**Childline** offer free, confidential counselling to under 19's through their helpline and webchat. **Tel:** 0800 1111; **Web:** [www.childline.org.uk](http://www.childline.org.uk)

**Kooth** provides free, anonymous online counselling for 10 - 25 year olds. You can IM counsellors Mon - Fri, midday-10pm, and Sat - Sun, 6pm - 10pm. **Web:** [www.kooth.com](http://www.kooth.com)

**Relate** offer counselling to young people, and specialise in relationship troubles. **Tel:** 0300 100 1234; **Web:** [www.relate.org.uk](http://www.relate.org.uk)

**School Counsellor** if you are in school, college or University they might have an on-site counsellor. To find out more ask your Head of Year or Pastoral Lead

**Rephael House** offer free, confidential counselling for 13 - 19 year olds based in Welwyn Garden City and Hatfield. **Tel:** 020 8440 9144; **Email:** [ceo@rephaelhouse.org.uk](mailto:ceo@rephaelhouse.org.uk); **Web:** [www.rephaelhouse.org.uk](http://www.rephaelhouse.org.uk)

**Signpost** offer free, confidential counselling for 10 - 25 year olds in West Herts. **Tel:** 01923 239 495; **Web:** [www.signpostcounselling.co.uk](http://www.signpostcounselling.co.uk)

**Tilehouse Counselling** offer free, confidential counselling to 13 - 19 year olds in Hitchin. **Tel:** 01462 440 674; **Email:** [info@tilehouse.org](mailto:info@tilehouse.org) **Web:** [www.tilehouse.org](http://www.tilehouse.org)

**Youth Talk** provide free, confidential counselling for 13 - 25 year olds who live, work, or study in St Albans. **Tel:** 01727 868684; **Web:** [www.youthtalk.org.uk](http://www.youthtalk.org.uk)

**YCT** offer free, confidential counselling to young people in East Hertfordshire. **Tel:** 01279 414090; **Web:** [www.yctsupport.com](http://www.yctsupport.com)

**Safe Space** offer counselling, art therapies, mentoring and brief therapy for 5 - 19 year olds with schools and SPA. **Tel:** 01992 588 796 (Mon - Fri, 9am - 5pm); **Email:** [safespacemailbox@hertfordshire.gov.uk](mailto:safespacemailbox@hertfordshire.gov.uk)

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## Family Support

**Childline** if you are concerned about yourself or a child in your family you can call for confidential, free support. **Tel:** 0800 111 111

**DrugFAM** provide support to families, friends and carers who are struggling to cope with a loved one's addiction to drugs or alcohol. **Tel:** 0300 888 3853 **Web:** [www.drugfam.co.uk](http://www.drugfam.co.uk)

**Families First** offer support to the whole family through a variety of organisations.

**Web:** [www.hertfordshire.gov.uk/familiesfirst](http://www.hertfordshire.gov.uk/familiesfirst)

**Hertfordshire Domestic Abuse Helpline** confidential, free helpline for anyone affected by domestic abuse, Mon - Fri 9am - 9pm, Weekends 9am - 4pm. **Tel:** 08 088 088 088

**Home Start Herts** A children's charity and family support service offering emotional and practical support to parents of children under 12.

**Tel:** 01438 367788; **Web:** [www.home-startherts.org.uk](http://www.home-startherts.org.uk)

**The Hideout** is a website with advice and information about domestic abuse. **Web:** [www.thehideout.org.uk](http://www.thehideout.org.uk)

**Young Carers in Hertfordshire** offer practical and emotional support to young people with caring responsibilities.

**Web:** [www.ycih.org](http://www.ycih.org)

## Sex, Sexuality & Gender

**Brook Advisory Service** offer a confidential, free helpline to under 25 years relating to pregnancy and contraception (Mon - Fri 9am - 7pm, closed 2pm - 3:30pm on Thursdays).

**Tel:** 0808 802 1234; **Web:** [www.brook.org.uk](http://www.brook.org.uk)

**Herts Aid** offers guidance and support about sexual health.

**Tel:** (Watford) 01920 484 784, (Ware) 01923 803 440; **Web:** [www.hertaids.co.uk](http://www.hertaids.co.uk)

**Hertfordshire Domestic Abuse Helpline** confidential, free helpline for anyone affected by domestic abuse, Mon - Fri 9am - 9pm, Weekends 9am—4pm. **Tel:** 08 088 088 088

**Mermaids** provide support to young people who feel at odds with their birth gender, through their helpline (Mon - Fri, 9am - 9pm) and website.

**Tel:** 0344 334 0550; **Email:** [info@mermaidsuk.org.uk](mailto:info@mermaidsuk.org.uk); **Web:** [www.mermaidsuk.org.uk](http://www.mermaidsuk.org.uk)

**YC Hertfordshire** have LGBTQ+ support groups across the county. **Tel:** 0300 123 4043; **Email:** [yc@hertfordshire.gov.uk](mailto:yc@hertfordshire.gov.uk); **Web:** [www.youthconnexions-hertfordshire.org](http://www.youthconnexions-hertfordshire.org)

**Young Pride in Herts** run youth groups for LGBT 13 - 25 years. **Tel:** 07800 654518; **Web:** [www.youngprideinherts.org.uk](http://www.youngprideinherts.org.uk) **Twitter:** @HertsYoungPride

**Young Stonewall** provide information and support for young LGBTQ+ individuals across the UK. **Web:** [www.youngstonewall.org.uk](http://www.youngstonewall.org.uk)



# WINE TASTING EVENING



**24<sup>TH</sup> FEBRUARY  
8-10PM  
DOORS OPEN AT 7:30**

**PRICE PER PERSON-£15  
TABLE OF UP TO 8 PEOPLE**

**Roundwood Park School  
Main Hall**

**You must be 18 or over to attend this evening.**



**Wine specialist  
Mike Eggleton will  
be hosting this  
exciting and fun  
event.**

**We will explore the  
flavours of the New  
World by tasting 6  
handpicked quality  
wines from Chile  
and Argentina.**

**Contact-**  
[hessmariepatricia@mail.com](mailto:hessmariepatricia@mail.com)  
[emmanuellebentley@ntlworld.com](mailto:emmanuellebentley@ntlworld.com)

**This is a Fundraising event  
towards the World challenge  
expedition to Zambia and  
Botswana 2018 organised by Alex,  
Dylan and James.**